

Lapeer Community Schools Wellness Policy Administrative Guidelines

Local Wellness Policy Committee Mission

The district maintains a Local Wellness Policy Committee that serves the following purposes:

1. Establish standards for all foods and beverages available to students on each school campus during the entire school day
2. Establish goals for student nutrition education, physical activity, and other school-based activities designed to promote student wellness
3. Develop guidance and serve as a resource to school sites for Local Wellness Policy implementation
4. Establish a plan for monitoring, measuring, and evaluating Local Wellness Policy implementation;
5. Review and evaluate the Local Wellness policy standards and implementation
6. Recommend all policy related standards for final approval and report findings of policy implementation evaluation to the Board of Education.

Membership

The Local Wellness Policy Committee membership will include at a minimum:

1. A school board member
2. A representative of the school administration
3. A representative of school food services
4. Student representative
5. Parent representative
6. Representative of the local community

Optional members may include at a minimum:

1. A staff/faculty representative by building or discipline
2. A school health practitioner
3. A community health practitioner

The Wellness Policy Committee Chairperson will be a School District employee charged with the primary responsibility for coordinating committee activities related to standards establishment, policy implementation and monitoring, and reporting to the Board of Education.

A. Nutrition Guidelines

Students will be encouraged to start each day with a healthy breakfast.

All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.

School meals will be prepared in a way that maximizes nutrients and reduces fat and sodium.

School foodservice employees use food preparation techniques to provide meals that are lower in total fat, saturated fat, trans fat, sodium, and sugar. The use of lean meats, fruits, vegetables, whole grains, and low-fat or non-fat milk is emphasized in menu planning.

Parents and caregivers are encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

Competitive Foods

Nutrition information for all school provided foods and beverages are available.

Nutritious and appealing foods such as fruits, vegetables, low-fat dairy products and whole grain products will be available wherever food is sold or offered on the school campus during the school day.

All a la carte snacks and beverages offered for sale to students during the school day comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value.”

A minimum of 20% of snack foods sold in vending machines, snack bars, school stores, and concession stands, as well as a la carte offerings that are part of the school meals program, will meet the criteria outlined below. This 20% level represents a required minimum standard. The percentage of foods and beverages meeting these parameters may be increased at any time as the individual school or entire district is prepared to make changes to their a la carte product profile.

Balanced Choices Parameters for Meals

Nutrients	Grade Level K-6	Grade Level 7-12	Allowable Range per Meal
Calories	664	825	Plus or Minus 10%
Protein (g)	10	16	Minimum allowable
Calcium (mg)	286	400	10% below, no upper limit
Iron (mg)	3.5	4.5	10% below, no upper limit
Vitamin A (RE)	224	300	10% below, no upper limit
Vitamin C (mg)	15	18	10% below, no upper limit
Fat (% of calories)	30%	30%	Maximum Allowable
Saturated Fat (% of calories)	10%	10%	Maximum Allowable
Fiber (g)	6	8	10% below, no upper limit
Cholesterol (mg)	100	100	No lower limit, 10% above
Sodium (mg)	1300	1300	Maximum Allowable
Total carbohydrates	600 gm	600 gm	Maximum Allowable

Snacks

All ways to provide through vending, fundraiser, and concession stand.

- No more than 200 total calories per package
- No more than 30% calories from fat
- No more than 10% calories from saturated fat
- No more than 480 mg sodium
- No more than 35% sugar by weight
- Excludes fruits, vegetables, nuts, seeds, and nut butters

Beverages

- 100% fruit and vegetable juice, limited to 12 oz. portion size
- Fat-free and 1% milk, 8-16 oz. portion size
- Water and flavored water without added sugar, unlimited portion size
- Caffeine free except flavored milk
- Carbonated water and carbonated 100% fruit juice with USDA approval

B. Nutrition Education

Curriculum: GOAL: Initiate a nutrition curriculum program at the elementary level (10 hours) and spend a minimum of (10-15 hours) per secondary health program on nutrition education.

Classroom

Students will have the opportunity to participate in a variety of classroom nutrition education learning experiences that include the following characteristics:

Nutrition knowledge: including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling, and storage;

Nutrition related skills: including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising; and

Assessment of personal eating habits: setting goals for improvement, and planning to achieve those goals.

Nutrition lessons will be integrated into other areas of the curriculum such as physical education, math, science; and will be based upon the most recent Dietary Guidelines for Americans and the USDA My Pyramid food guidance system.

The nutrition education program will engage families as partners in their children's education.

The district's Local Wellness Policy Committee will assess all nutrition education curricula and materials for accuracy, completeness, and consistency with both the district's educational and wellness policy goals. (Committee needs to do)

The staff responsible for nutrition education will be adequately prepared and participate in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, skill practice in program-specific activities and instructional techniques, and strategies designed to promote healthy eating habits.

Cafeteria

The school cafeteria will serve as a "learning laboratory" enabling students to apply critical thinking skills taught in the classroom. Attractive and current nutrition education materials will be prominently displayed in dining areas.

Nutrition education will be offered in the school dining room as well as in the classroom and other venues, with coordination between the foodservice staff and teachers.

School meals will be marketed to appeal to all students who will be encouraged to choose and consume a balanced meal.

Competitive foods (a la carte snacks and beverages) will be marketed to promote healthful choices over less nutrient dense items. One elementary snack per child per day.

C. Physical Activity

Physical Activity during the School Day

Students will be given opportunities for physical activity during the school day through daily recess periods, physical education (P.E.) classes, walking programs, and the integration of physical activity into the academic curriculum. Schools will promote an environment supportive of physical activity (example) monitored spontaneous exercise activity.

Physical Activity Before and After School

Students should be given opportunities for physical activity through a range of after-school programs suggested intramurals, interscholastic athletics, and physical activity clubs (example) full range stretching exercise, weight training, and walking programs.

Physical Education Classes

Physical education classes are taught by state certified instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Physical education will include baseline testing and intermittent testing on level of fitness growth. The instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

Future Goals

Time allotted for physical activity will be consistent with the most research and current national and state standards. Work toward a high percentage (90%) of the student body of the elementary school students participate in 150 minutes/week of physical activity and Middle/high School students participate in 225 minutes of physical activity/week. Increasing physical activity would be accomplished through collaboration of parent, school, and community endeavors.

Creating a Positive Environment for Physical Activity

Physical activity (e.g. running laps, pushups) will not be used as a form of punishment. Opportunities for physical activity (e.g. recess, physical education) will not be withheld as a form of discipline.

Recess time will not be cancelled for instructional make-up time unless requested by a parent.

All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students.

Information will be provided to families to help them incorporate physical activity into their children's lives.

D. Eating as a Positive Experience

The district will provide adequate lunchtime for students to enjoy eating healthy foods and socializing, scheduled near the middle of the school day as possible. Lapeer Community School's goal is that students be provided adequate time to eat; at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.

Recess for elementary grades should be scheduled before lunch when feasible so that children will come to lunch less distracted and ready to eat.

Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.

Adequate seating will be available to accommodate all students served during each meal period. Adequate supervision will be provided in the dining area.

The dining area will be clean, orderly and inviting.

Other School Based Activities to Promote Student Wellness

Food Sold for any Fundraising Activities in the Building and/or Property

The district will encourage non-food items to be sold as part of school-sponsored fundraising activities. When food is sold, it will conform to the same standards as competitive food sales:

- No foods of minimal nutritional value will be sold on the school campus during the school day.
- For the school year 2006-2007 the Wellness Committee will evaluate the current fundraisers at each building to determine balanced choice parameters. For the 2007-2008 school year we will set the percent of food items that need to meet the balanced choice parameters.
- The Wellness Committee's goal will be to increase the minimum percentage yearly.
- By October 1, 2006 all Principal's will provide to the Wellness Committee product catalogs of their schools' proposed fundraisers. (We need to decide parameters by November 1)

Healthy Classroom Parties and Celebrations

The district recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the district. The school will provide parents with a suggested healthy snack list.

Food Used as a Reward or Punishment

Teachers and school staff are encouraged to use non-food items as a reward or punishment for students.

E. Healthy School Environment

Food Safety

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

Professional Development

District and food service staff and faculty are encouraged to become full partners in the district's wellness goals. In support of this goal, nutrition and physical activity educational opportunities will be provided to all district and food service staff. These opportunities will address diverse topics related to healthy lifestyles, nutrition and physical activity, and will be provided in the form of educational and informational materials, presentations and workshops.

District and food service staff is encouraged to model healthy eating behaviors.

F. Monitoring

Policy Implementation

Monitoring

On each school campus, one individual will be assigned to ensure compliance with standards of the Local Wellness Policy in his/her school. The Principal will report on the school's compliance twice a year to the Chairperson of the Local Wellness Policy Committee.

The Director of School Dining Services will ensure compliance with nutrition policies within the school food service areas and will report on this matter twice a year to the Chairperson of the Local Wellness Policy Committee.

Reporting

The Chairperson of the Local Wellness Policy Committee will report on the district's compliance with the wellness policy to the school board twice a year and then be distributed to other interested parties and groups as the school board sees fit.

Policy Review

To help with the initial development of the district's Local Wellness Policy, during the 2006-2007 school year, the Local Wellness Policy Committee may conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of these school-by-school assessments can be compiled at the district level to identify and prioritize needs.

School districts may use the *School Health Index*, *Changing the Scene Survey*, and/or other appropriate survey to conduct a baseline assessment and monitor the school's nutrition and physical activity environments and policies.

Assessments can be repeated at least every three years to help review policy compliance, assess progress, and determine areas of improvement. The district will, as necessary, revise the Local Wellness Policy and develop work plans to facilitate its implementation.